

FIG. 1

FIG. 2



- 29

FIG. 3



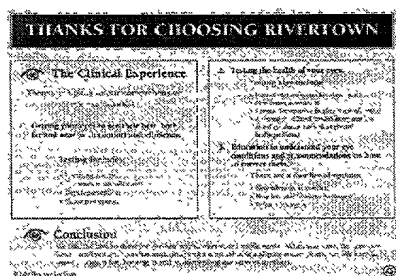
- 28

FIG. 4



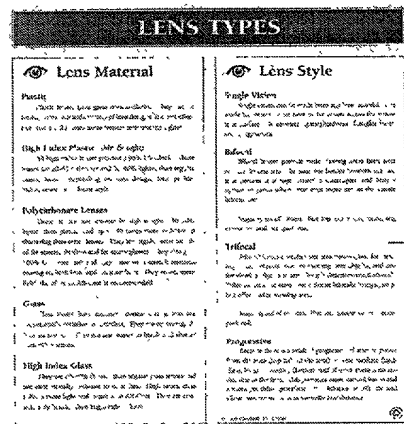
- 27

FIG. 5



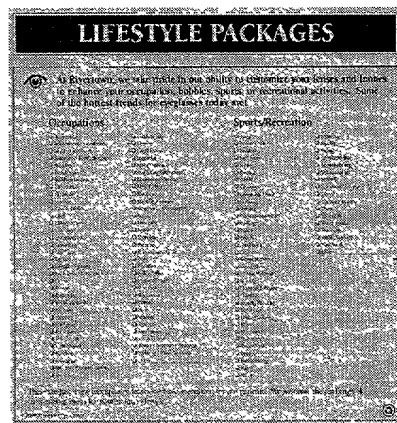
- 26

FIG. 6



33

FIG. 7



32

FIG. 8



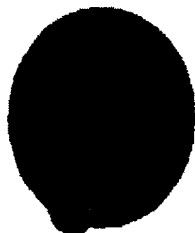
31

FIG. 9



30

# Bicycling



## LENSES

### Lens Material:

- ☐ Plastic
- ☐ Hi index plastic
- ☐ Polycarbonate
- ☐ Glass
- ☐ Hi - index glass
- ☐ Other \_\_\_\_\_

### Lens Style:

- ☐ Single vision
- ☐ Bifocal
- ☐ Trifocal
- ☐ Progressive (no - line bifocal)
- ☐ Golfer bifocal
- ☐ Progressive computer
- ☐ Computer Trifocal
- ☐ Occupational Bifocal/Trifocal
- ☐ Special multi - focal lenses
- ☐ Other \_\_\_\_\_

### Lens Profile:

- ☐ Spherical
- ☐ Aspherical

### Lens Enhancements:

- ☐ Anti-reflective coating
- ☐ Scratch resistant Coating
- Tints
  - ☐ Indoor
  - ☐ Outdoor
- Sun-activated tints
  - ☐ Photogray/Photobrown
  - ☐ Transitional
- ☐ Ultra-violet protection
- ☐ Polarized
- ☐ Other \_\_\_\_\_

## Description of Visual Tasks

From a "gearhead" bicyclist to a five-year-old wobbler, today's sport of bicycling requires "eyes in the back of one's head." He or she must maintain vigilance in peripheral vision as well as straight-ahead vision, watching for traffic and potential hazards on the road.

Eyes must be protected from glare and irritations such as dust and sand - or flying insects!

## FRAMES

### Frame Materials:

- ☐ Metal
- ☐ Plastic
- ☐ Hypo-allergenic metal

## CONTACT LENSES

### Contact Materials:

- ☐ Soft contacts
- ☐ Rigid Gas Permeable (RGP)

### Contact Lens Style:

- ☐ Spherical
- ☐ Toric
- ☐ Bifocal
- ☐ Mono-vision
- ☐ Specialty lenses

### Contact Lens Wear:

- Regular or Disposable
  - ☐ daily
  - ☐ extended
  - ☐ flexible

### Contact lens enhancements:

- ☐ Enhancement tints
- ☐ Opaque tints
- ☐ Handling tints
- ☐ Novelty lenses

34

Rx For: _____		Date: / /	
SPHERE / CYL / AXIS / ADD / PRISM / BASE			
OD	_____	_____	_____
OS	_____	_____	_____
Expiration Date: / /			
This prescription expires on the date shown			
Above, and is not to be duplicated after this date: _____ OD			

FIG. 10

# Golf



## LENSES

### Lens Materials:

- ☐ Plastic
- ☐ Hi Index plastic
- ☐ Polycarbonate
- ☐ Glass
- ☐ Hi - index glass
- ☐ Other \_\_\_\_\_

### Lens Styles:

- ☐ Single vision
- ☐ Bifocal
- ☐ Trifocal
- ☐ Progressive (no - line bifocal)
- ☐ Golfer bifocal
- ☐ Progressive computer
- ☐ Computer Trifocal
- ☐ Occupational Bifocal/Trifocal
- ☐ Special multi - focal lenses
- ☐ Other \_\_\_\_\_

### Lens Profiles:

- ☐ Spherical
- ☐ Aspherical

### Lens Enhancements:

- ☐ Anti-reflective coating
- ☐ Scratch resistant Coating
- Tints**
  - ☐ Indoor
  - ☐ Outdoor
- Sun-activated tints**
  - ☐ Photogray/Photobrown
  - ☐ Transitional
- ☐ Ultra-violet protection
- ☐ Polarized
- ☐ Other \_\_\_\_\_

## Description of Visual Tasks

Golf is a sport that requires vision adaptability, golfers viewing distances of 600 yards - and back to their tee and ball, a visual distance of only three to four feet.

Clear low mid-range vision is necessary for the putting green, although judging distances requires practice, practice and more practice!

Visual light changes must be considered, depending on the overhead sky and the shifts from the bright sun of the fairway to the shadier "roughs" and back again.

## FRAMES

### Frame Materials:

- ☐ Metal
- ☐ Plastic
- ☐ Hypo-allergenic metal

## CONTACT LENSES

### Contact Materials:

- ☐ Soft contacts
- ☐ Rigid Gas Permeable (RGP)

### Contact Lens Styles:

- ☐ Spherical
- ☐ Toric
- ☐ Bifocal
- ☐ Mono-vision
- ☐ Specialty lenses

### Contact Lens Wears:

- Regular or Disposable**
  - ☐ daily
  - ☐ extended
  - ☐ flexible

### Contact Lens enhancements:

- ☐ Enhancement tints
- ☐ Opaque tints
- ☐ Handling tints
- ☐ Novelty lenses

Rx For:	Date: / /
<b>SPHERE / CYL / AXIS / ADD / PRISM / BASE</b>	
OD	_____
OS	_____
Expiration Date: / /	_____
This prescription expires on the date shown Above, and is not to be duplicated after this date.	
	OD

FIG. 11

# Bowling



## LENSES

### Lens Material:

- ☐ Plastic
- ☐ Hi Index plastic
- ☐ Polycarbonate
- ☐ Glass
- ☐ Hi - index glass
- ☐ Other \_\_\_\_\_

### Lens Style:

- ☐ Single vision
- ☐ Bifocal
- ☐ Trifocal
- ☐ Progressive (no - line bifocal)
- ☐ Golfer bifocal
- ☐ Progressive computer
- ☐ Computer Trifocal
- ☐ Occupational Bifocal/Trifocal
- ☐ Special multi - focal lenses
- ☐ Other \_\_\_\_\_

### Lens Profiles:

- ☐ Spherical
- ☐ Aspherical

### Lens Enhancements:

- ☐ Anti-reflective coating
- ☐ Scratch resistant Coating
- Tints
  - ☐ Indoor
  - ☐ Outdoor
- Sun-activated tints
  - ☐ Photogray/Photobrown
  - ☐ Transitional
- ☐ Ultra-violet protection
- ☐ Polarized
- ☐ Other \_\_\_\_\_

## Description of Visual Tasks

It is of tremendous help, when bowling, to be able to see the distant target of pins clearly.

Mid-range acuity is necessary to view overhead automated scoring screens. Near-vision sharpness may be necessary to read and record scores on paper where automated screens have not been installed.

## FRAMES

### Frame Materials:

- ☐ Metal
- ☐ Plastic
- ☐ Hypo-allergenic metal

## CONTACT LENSES

### Contact Materials:

- ☐ Soft contacts
- ☐ Rigid Gas Permeable (RGP)

### Contact Lens Styles:

- ☐ Spherical
- ☐ Toric
- ☐ Bifocal
- ☐ Mono-vision
- ☐ Specialty lenses

### Contact Lens Wear:

#### Regular or Disposable

- ☐ daily
- ☐ extended
- ☐ flexible

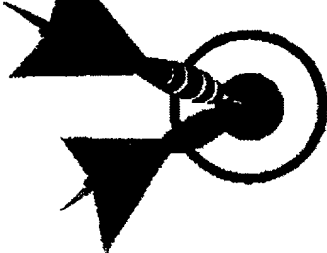
### Contact lens enhancements:

- ☐ Enhancement tints
- ☐ Opaque tints
- ☐ Handling tints
- ☐ Novelty lenses

Rx For _____	Date: / /
SPHERE / CYL / AXIS / ADD / PRISM / BASE	
OD _____	_____
OS _____	_____
Expiration Date: / /	
This prescription expires on the date shown above, and is not to be dispensed after this date _____	
	OD

FIG. 12

# Darts



## LENSES

### Lens Materials:

- ☐ Plastic
- ☐ Hi Index plastic
- ☐ Polycarbonate
- ☐ Glass
- ☐ Hi - index glass
- ☐ Other \_\_\_\_\_

### Lens Style:

- ☐ Single vision
- ☐ Bifocal
- ☐ Trifocal
- ☐ Progressive (no - line bifocal)
- ☐ Golfer bifocal
- ☐ Progressive computer
- ☐ Computer Trifocal
- ☐ Occupational Bifocal/Trifocal
- ☐ Special multi - focal lenses
- ☐ Other \_\_\_\_\_

### Lens Profile:

- ☐ Spherical
- ☐ Aspherical

### Lens Enhancements:

- ☐ Anti-reflective coating
- ☐ Scratch resistant Coating
- Tints**
  - ☐ Indoor
  - ☐ Outdoor
- Sun-activated tints**
  - ☐ Photogray/Photobrown
  - ☐ Transitional
- ☐ Ultra-violet protection
- ☐ Polarized
- ☐ Other \_\_\_\_\_

## Description of Visual Tasks

The sharper the acuity, the better the aim! That's a pretty obvious statement concerning dart-throwing, although darts must be inspected between throws for signs of dullness or injury to the dart.

Distant visual acuity is a must for dart aficionados. Clear vision at near is important, but not as crucial.

## FRAMES

### Frame Materials:

- ☐ Metal
- ☐ Plastic
- ☐ Hypo-allergenic metal

## CONTACT LENSES

### Contact Materials:

- ☐ Soft contacts
- ☐ Rigid Gas Permeable (RGP)

### Contact Lens Style:

- ☐ Spherical
- ☐ Toric
- ☐ Bifocal
- ☐ Mono-vision
- ☐ Specialty lenses

### Contact Lens Wear:

- ☐ Regular or Disposable
- ☐ daily
- ☐ extended
- ☐ flexible

### Contact lens enhancements:

- ☐ Enhancement tints
- ☐ Opaque tints
- ☐ Handling tints
- ☐ Novelty lenses

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Rx For: _____		Date: / /	
SPHERE / CYL / AXIS / ADD / PRISM / BASE			
OD	/	/	/
OS	/	/	/
Expiration Date: / /			
This prescription expires on the date shown Above, and is not to be duplicated after this date.			
			OD

FIG. 13

# Camping



## LENSES

### Lens Materials:

- ☐ Plastic
- ☐ Hi Index plastic
- ☐ Polycarbonate
- ☐ Glass
- ☐ Hi - index glass
- ☐ Other \_\_\_\_\_

### Lens Style:

- ☐ Single vision
- ☐ Bifocal
- ☐ Trifocal
- ☐ Progressive (no - line bifocal)
- ☐ Golfer bifocal
- ☐ Progressive computer
- ☐ Computer Trifocal
- ☐ Occupational Bifocal/Trifocal
- ☐ Special multi - focal lenses
- ☐ Other \_\_\_\_\_

### Lens Profiles:

- ☐ Spherical
- ☐ Aspherical

### Lens Enhancements:

- ☐ Anti-reflective coating
- ☐ Scratch resistant Coating
- Tints**
  - ☐ Indoor
  - ☐ Outdoor
- Sun-activated tints**
  - ☐ Photogray/Photobrown
  - ☐ Transitional
- ☐ Ultra-violet protection
- ☐ Polarized
- ☐ Other \_\_\_\_\_

## Description of Visual Tasks

On both cloudy and sunny days, light is filtered through trees and brush in a woodland setting. A hiker and/ or camper and go from a thick, dark canopy of trees to a bright, glaring river and back again in a matter of minutes. Transition lenses are an affordable luxury.

Your adventure is only enhanced if your distance vision is fine-tuned to enable you to see deer, hawks, and loons with absolute clarity.

## FRAMES

### Frame Materials:

- ☐ Metal
- ☐ Plastic
- ☐ Hypo-allergenic metal

## CONTACT LENSES

### Contact Materials:

- ☐ Soft contacts
- ☐ Rigid Gas Permeable (RGP)

### Contact Lens Style:

- ☐ Spherical
- ☐ Toric
- ☐ Bifocal
- ☐ Mono-vision
- ☐ Specialty lenses

### Contact Lens Wear:

- Regular or Disposable**
  - ☐ daily
  - ☐ extended
  - ☐ flexible

### Contact lens enhancements:

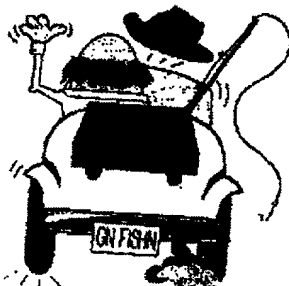
- ☐ Enhancement tints
- ☐ Opaque tints
- ☐ Handling tints
- ☐ Novelty lenses

Rx For:	SPHER / CYL / AXIS / ADD / PRISM / BASE	Date: / /	
OD			
OS			
Expiration Date:	/ /		
This prescription expires on the date shown Above, and is not to be duplicated after this date.			
			OD

FIG 14



# Fishing



## LENSES

### Lens Material:

- ☐ Plastic
- ☐ Hi Index plastic
- ☐ Polycarbonate
- ☐ Glass
- ☐ HI - index glass
- ☐ Other \_\_\_\_\_

### Lens Style:

- ☐ Single vision
- ☐ Bifocal
- ☐ Trifocal
- ☐ Progressive (no - line bifocal)
- ☐ Golfer bifocal
- ☐ Progressive computer
- ☐ Computer Trifocal
- ☐ Occupational Bifocal/Trifocal
- ☐ Special multi - focal lenses
- ☐ Other \_\_\_\_\_

### Lens Profile:

- ☐ Spherical
- ☐ Aspherical

### Lens Enhancements:

- ☐ Anti-reflective coating
- ☐ Scratch resistant Coating
- Tints
  - ☐ Indoor
  - ☐ Outdoor
- Sun-activated tints
  - ☐ Photogray/Photobrown
  - ☐ Transitional
- ☐ Ultra-violet protection
- ☐ Polarized
- ☐ Other \_\_\_\_\_

## Description of Visual Tasks

Acute vision for distances between one to five feet is necessary for choosing lures, baiting a hook and checking lines. Clear distant vision is necessary to survey the body of water you're floating on and noting the position of your lure.

Sun and glare on the water requires polarized lenses, although for night fishing, clear lenses and a AR-Coat is recommended.

## FRAMES

### Frame Materials:

- ☐ Metal
- ☐ Plastic
- ☐ Hypo-allergenic metal

## CONTACT LENSES

### Contact Materials:

- ☐ Soft contacts
- ☐ Rigid Gas Permeable (RGP)

### Contact Lens Style:

- ☐ Spherical
- ☐ Toric
- ☐ Bifocal
- ☐ Mono-vision
- ☐ Specialty lenses

### Contact Lens Wear:

#### Regular or Disposable

- ☐ daily
- ☐ extended
- ☐ flexible

### Contact lens enhancements:

- ☐ Enhancement tints
- ☐ Opaque tints
- ☐ Handling tints
- ☐ Novelty lenses

Rx For: \_\_\_\_\_ Date: \_\_/\_\_/\_\_

SPHERE / CYL / AXIS / ADD / PRISM / BASE

OD \_\_\_\_\_

OS \_\_\_\_\_

Expiration Date: \_\_/\_\_/\_\_

This prescription expires on the date shown

Above, and is not to be duplicated after this date.

OD

FIG. 15

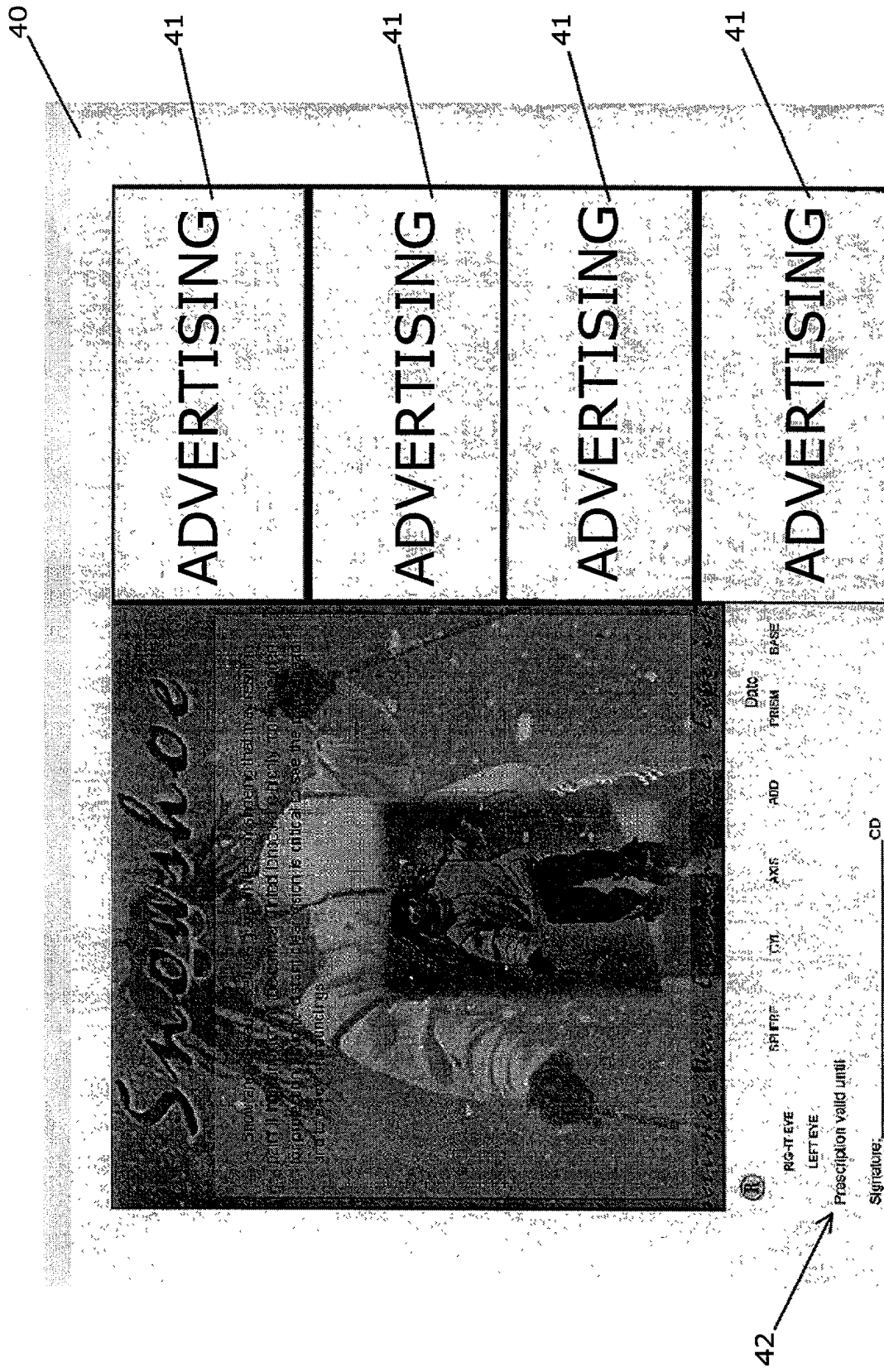


FIG 16

# EMERGENCIES AND EYE DISEASES



## Eye Emergencies

Conditions requiring immediate attention:

1. Sudden loss of vision.
2. Loss of vision like a curtain coming down.  
*Occasionally associated with sparks, flashes of light, and with floating dust-like particles.*
3. Pain in the eye with colored halos around lights.
4. Foreign object imbedded in the eye.  
*(Especially coming from hammering or use of power tools, i.e. metal hitting metal.)*
5. Blunt trauma to the eye.  
*(Especially small balls, i.e. racquetball.)*
6. Chemicals in the eye.  
*Take immediate action before calling. First flush eye with a cool stream of water for about 20-30 minutes, then call and come in immediately.*

If there are any questions or concerns about your eyes, call us!



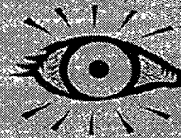
## Clinical Services

At Rivertown Eye Center, our doctors treat eye diseases and conditions such as:

1. Glaucoma
2. Iritis
3. Conjunctivitis (Pink Eye)
4. Dry Eyes
5. Removal of foreign bodies

Rivertown Eye Clinic provides post-op care for many types of eye surgeries, and can assist you when you need to be referred for more specialized care.

## RED EYES?



Call Our Doctors!

We value and encourage your suggestions, comments, and yes, even any complaints.

Your complete satisfaction is our ultimate goal.

Please call and give us your thoughts at:

**612-601-6029**

## After Hours

Home: 651-437-7929

Cellular: 651-485-7809

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**FIG. 17**

# REFRACTIVE SURGERY

## What Is It?

Refractive surgery is eye surgery designed to decrease or eliminate nearsightedness, farsightedness, and/or astigmatism. Dramatic advances in the past few years have expanded the options available, as well as the range of people who can be treated. The procedure itself is painless and takes about 10 minutes per eye. Both eyes can be done the same day.

### So, I'll Never Have To Wear Glasses Again?

- Reduces one's dependence on glasses or contact lenses.
- Many can work, drive, enjoy sports and hobbies, watch movies, and see their alarm clock, without having to wear corrective lenses.
- Most will still require reading glasses once their eyes reach a certain "maturity."
- Some may need a minor correction to help with night driving and glare.
- There is never a guarantee of "perfect" 20/20 vision.

### What Criteria Do I Have To Meet To Have The Surgery?

- At least 18 years old.
- Good general health and good eye health.
- Stable prescription that has not changed much within the past year.
- No physical conditions or medications that would complicate the surgery.
- Discontinue contact lens wear, 1 week to 3 months, depending on lens and surgery type.
- Realistic expectations.

### Is There More Than One Kind Of Refractive Surgery?

- **Lasik:** Most common, least complications, very fast visual recovery, can be enhanced (performed multiple times to update or "tweak" prescription).
- **Intacs:** Can be reversed, limited prescription range, no interference with central cornea.

- **Implanted contact lenses:** Very wide range of prescriptions, more extensive procedure.
- **Radial Keratotomy / Astigmatic Keratotomy / Photo Refractive Keratectomy:** Least common, earlier technology, greater risk of complications, longer recovery time.

### How Do I Decide Which Type Of Refractive Surgery Is Best For Me?

- Talk to your Optometrist.
- Consultation with a surgery center.
- Your particular prescription or eye conditions may limit choices.

### What Happens Afterwards?

- Vision dramatically improved almost immediately.
- Follow-up visits with your regular Optometrist to monitor progress.
- Lubricating drops to ease initial dry feeling and foreign body sensations.
- Resume most normal activities within a few days.

### Will My Insurance Cover This?

- Most do not provide any coverage.
- Some provide for discount percentage at certain clinics.
- Some pre-tax medical spending plans or union policies may provide some coverage.

## Services Available

- Education and consultation in our office.
- Evaluation and comprehensive eye exam.
- Discussion of possible risks, outcomes and expectations.
- Discuss and set up post-operative care.
- Referral to surgery center of choice.

FIG 17(a)



# EYE HEALTH & VISION REPORT



## Eye Health

### A. External Eye Health

1. Normal
2. Abnormalities
  - ☐ Cornea
  - ☐ Lids
  - ☐ Conjunctiva
  - ☐ Lacrimal System
  - ☐ Other \_\_\_\_\_

3. Findings \_\_\_\_\_

4. Recommendations \_\_\_\_\_

### B. Internal Eye Health

1. Normal
2. Abnormalities
  - ☐ Cataracts
  - ☐ Glaucoma
  - ☐ Macular Degeneration
  - ☐ Retinal
  - ☐ Other \_\_\_\_\_

3. Findings \_\_\_\_\_

4. Recommendations \_\_\_\_\_



## Vision Report

1. Normal (*No correction needed*)
2. Abnormalities
  - ☐ Myopia (*nearsightedness*)
  - ☐ Hyperopia (*farsightedness*)
  - ☐ Astigmatism (*not a point focus*)
  - ☐ Presbyopia (*need for bifocal*)
  - ☐ Poor Eye Muscle Coordination
  - ☐ Amblyopia (*lazy eye*)
  - ☐ Other \_\_\_\_\_
4. Recommendations
  - ☐ Glasses
  - ☐ Contacts
  - ☐ Refractive Surgery
  - ☐ Visual Therapy
  - ☐ Monitor Condition
  - ☐ Referral to other specialist
  - ☐ Other \_\_\_\_\_



## Your Next Appointment

### We Recommend:

- ☐ A routine eye examination
- ☐ Consulting
- ☐ Progress check-up
- ☐ Further testing

Month \_\_\_\_\_ • Day \_\_\_\_\_ • Time \_\_\_\_\_

© 1999 Kew-Forest Eye Center



FIG. 18

### Our Recommendations

We make the following recommendations, based on our findings during your examination:

## Lens Types

**Lens Material**

- ☐ Plastic
- ☐ High Index Plastic
- ☐ Polycarbonate
- ☐ Glass
- ☐ High Index Glass
- ☐ Other \_\_\_\_\_

**Lens Style**

- ☐ Single Vision
- ☐ Bifocal
- ☐ Trifocal
- ☐ Progressive (no-line bifocal)
- ☐ Golf Bifocal
- ☐ Progressive Computer
- ☐ Computer Trifocal
- ☐ Occupational Bifocal/Trifocal
- ☐ Special Multi-Bifocal
- ☐ Other \_\_\_\_\_

**Lens Profile**

- ☐ Spherical
- ☐ Aspherical

**Lens Enhancements**

- ☐ Anti-reflective Coating
- ☐ Scratch Resistant Coating

**Tints**

- ☐ Indoor
- ☐ Outdoor

**Sun-activated Tints**

- ☐ Photogray/Photochrom\*
- ☐ Transitions

- ☐ Ultra-violet Protection
- ☐ Polarized
- ☐ Other \_\_\_\_\_

## Frames

**Frame Material**

- ☐ Metal
- ☐ Plastic
- ☐ Hypo-allergenic metal

## Contact Lenses

**Contact Material**

- ☐ Soft Contacts
- ☐ Rigid Gas Permeable Contacts (RGP)

**Contact Lens Style**

- ☐ Spherical
- ☐ Toric
- ☐ Bifocal
- ☐ Mono-vision
- ☐ Specialty Lenses

**Contact Lens Wear**

- ☐ Regular or Disposable
- ☐ Daily
- ☐ Extended
- ☐ Flexible

**Contact Lens Enhancements**

- ☐ Enhancement Tints
- ☐ Opaque Tints
- ☐ Handling tints
- ☐ Novelty Lenses

## Corrective Surgery

- ☐ Refractive Surgery
- ☐ Cataract Surgery
- ☐ LASIK Surgery
- ☐ Other \_\_\_\_\_

**Rx** For \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

	SPH	CYL	AXIS	ADD	PRISM	BASE
OD						
OS						

EXPIRATION DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

THIS PRESCRIPTION IS VALID FOR: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_

ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

TIME: \_\_\_\_:\_\_\_\_

BY: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

PRINT ADDRESS: \_\_\_\_\_

PRINT CITY: \_\_\_\_\_

PRINT STATE: \_\_\_\_\_

PRINT ZIP: \_\_\_\_\_

PRINT PHONE: \_\_\_\_\_

PRINT DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

PRINT TIME: \_\_\_\_:\_\_\_\_

PRINT BY: \_\_\_\_\_

PRINT PRINT NAME: \_\_\_\_\_

PRINT PRINT ADDRESS: \_\_\_\_\_

PRINT PRINT CITY: \_\_\_\_\_

PRINT PRINT STATE: \_\_\_\_\_

PRINT PRINT ZIP: \_\_\_\_\_

PRINT PRINT PHONE: \_\_\_\_\_

PRINT PRINT DATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

PRINT PRINT TIME: \_\_\_\_:\_\_\_\_

PRINT PRINT BY: \_\_\_\_\_

FIG 18(a)

# CONTACT LENSES



## Exploring Your Options

If you are considering contacts for the first time, thinking about switching lenses, or trying them again, take some time to explore all your options.

### Contact lenses provide more natural vision.

Contact lenses fit directly on the eye with no frame to obstruct your view. This allows for better peripheral vision. Contact lenses don't cause unnatural magnification of objects, as eyeglasses sometimes do. Things appear closer to their natural size.

The convenience of contact lenses make them a great choice for active lifestyles, since they fit right on your eye. They will not fog up, scratch as easily, or slide down your nose.

### There is an incredible array of contact lens choices available.

With today's technology, nearly everyone can wear contact lenses successfully whether you are nearsighted, farsighted, have astigmatism, or need bifocals. There are a wide variety of lenses to choose from, including soft or rigid lenses, disposable, or colored contacts to enhance or change your eye color.

Our staff will always take the time to explain and recommend a lens that will work best with your particular vision needs and suit your lifestyle.



## Contacts or Glasses?

### Choose Both!

To ensure that you are able to meet your eyewear needs at all times, you should have both contacts and glasses. If you wear contacts the majority of the time, you should still have glasses on hand in case you damage a lens. Also, for optimum eye health, it is a good idea to remove your contacts for at least an hour or two each day to supply the cornea with sufficient oxygen.

During your consultation, talk to our contact lens specialists about your ability to wear contact lenses. Even if you cannot wear lenses for an extended period of time, many people can wear them on a limited basis for sports or social engagements.



## Services Available

- Contact lens consulting
- Guarantee success program
- Solution Club card
- Free trial lenses (some restrictions apply)
- Professional training for insertion and removal of contacts
- Specially priced eyewear for contact lens wearers

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FIG. 19







 <h2>Contact Lens Materials</h2> <p><b>Soft Contacts</b> Soft contacts are very thin and cover the whole cornea. They are more popular than rigid lenses because they are much more comfortable to wear.</p> <p><b>Rigid Gas Permeable Contacts (RGP)</b> RGP lenses allow oxygen to pass straight through the lens to the cornea. RGP lenses provide sharper vision and are easier to care for than most soft contacts.</p>  <h2>Contact Lens Styles</h2> <p><b>Spherical</b> Corrects nearsightedness and farsightedness.</p> <p><b>Toric</b> Corrects astigmatism.</p> <p><b>Bifocal</b> Focuses distant as well as near vision.</p> <p><b>Mono-vision</b> Corrects distant and near vision by focusing one eye for distance vision and one eye for near vision.</p> <p><b>Specialty Lenses</b> There are custom designed lenses to correct unusually high amounts of astigmatism, farsightedness, nearsightedness, and conditions like keratoconus.</p>	 <h2>Contact Lens Wear</h2> <p><b>Regular or Disposable</b> Regular are usually replaced after one year. Disposable are replaced anywhere from one day to two months, depending on lens type.</p> <p><b>Daily</b> Worn on a daily basis, they are taken out and cleaned prior to sleep.</p> <p><b>Extended</b> Can usually be worn a week at a time, without nightly removal.</p> <p><b>Flexible</b> Can occasionally wear overnight.</p>  <h2>Contact Lens Enhancements</h2> <p><b>Enhancement Tints</b> Can accentuate or deepen the shade of light colored eyes. The color of the lens plus a person's eye color combines to give the eye a uniform look.</p> <p><b>Opaque Tints</b> Changes your eye color. Can make a brown eye blue.</p> <p><b>Handling Tints</b> Slightly tinted blue to make them easier to see. They generally don't affect eye color.</p> <p><b>Novelty Lenses (Wild Eyes™)</b> Primarily for special effects. For example, "cat-eyes" for Halloween.</p>
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FIG 19(a)



# THANKS FOR CHOOSING RIVERTOWN



## The Clinical Experience

There are 3 parts to our comprehensive eye examination.

1. Getting your eyes to see their best, both far and near, with comfort and efficiency.

### Testing Includes:

- Focusing ability
- Eye muscle coordination
- Depth perception
- Color perception

2. Testing the health of your eyes.

### Testing May Include:

- Intra-ocular pressures for glaucoma
- Side vision assessment
- Corneal topography (surface shape of cornea)
- A thorough, dilated fundus exam (test can reveal eye diseases as well as general health problems)

3. Education to understand your eye conditions and recommendations on how to correct them.

### There are a number of options:

- New advances in contacts
- New lens and frame technologies
- Refractive surgery



## Conclusion

We take the time to show you the best way to meet your lifestyle needs. When you leave, we hope our Rivertown Eye Care Team has made your visit a most valuable and pleasurable experience. We want to thank you again for choosing us and recommending our services to others.

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**FIG. 20**

# LENS TYPES



## Lens Material

### Plastic

Plastic lenses have great optical clarity. They can be tinted, come in a wide variety of lens designs, are cost effective, and are 23 times more impact resistant than glass.

### High Index Plastic (*thin & light*)

All high index lenses provide a 95% UV block. These lenses are 20-65% thinner and 20-40% lighter than regular plastic lenses, depending on lens design, lens profile, index, power, and frame style.

### Polycarbonate Lenses

These lenses are extremely lightweight, 20-30% lighter than plastic, and up to 40 times more resistant to shattering than other lenses. They are highly recommended for sports, children and for safety glasses. They also give 100% UV protection and they come with scratch resistant coating on both front and back surfaces. They reflect more light, therefore an AR-Coat is recommended.

### Glass

Glass lenses have excellent optical clarity and are exceptionally resistant to scratches. They are on average 2-3 times heavier. They are also easier to break and shatter than other lenses.

### High Index Glass

They are 20-40% thinner than regular glass lenses and are exceptionally resistant to scratches. High index glass reflects more light and requires an AR-Coat. They are considerably heavier than high-index plastic.



## Lens Style

### Single Vision

Single vision can be made from any lens material. It is made to correct either near or far vision across the whole lens surface. It corrects nearsightedness, farsightedness, and astigmatism.

### Bifocal

Bifocal lenses provide wide viewing areas both near and far, in one lens. Because the border between the two lens powers is abrupt, vision is interrupted and images appear to jump when your eyes move across the visible bifocal line.

Major types of bifocals: Flat top, curve top, round seg, executive, and occupational.

### Trifocal

Trifocal lenses contain three lens powers: one for viewing distant objects, one for viewing near objects, and one for viewing objects at arms length (intermediate distance). Trifocals have the same properties as bifocals: images jump, but offer a wide viewing area.

Major types of trifocals: Flat top, executive, and occupational.

### Progressive

Because there is a gradual progressive change in power from distance (top half of the lens) to intermediate (middle of lens) to reading (bottom half of lens), there is no visible line in the lens. This provides more natural vision and a more youthful appearance than bifocals or trifocals, and allows wearer to focus at virtually any distance.

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FIG. 21



## Lens Style (cont.)

### Golfer Bifocal

Allows golfers to see close up (to keep score) and still be able to play golf without interference of a traditional bifocal.

### Progressive Computer

They work well for anyone who does extended periods of near and intermediate tasks. Especially beneficial for computer work.

### Computer Trifocal

For computer use, allows for a larger view of the screen with less head movement.

### Occupational Bifocal/Trifocal

They provide clear near vision for people that need to look overhead and below (ex. wallpaper hangers, librarians, mechanics, and Pilots).

### Special Multi-Bifocal (Smart Seg)

This style provides more flexible vision for intermediate and near work. It is a combination of progressive and lined lenses.



## Lens Profile

### Spherical

Although they perform well optically, these can bulge forward from the rim of the frame because of the continuous curve on the front lens surface.

### Aspherical

These also provide excellent optical performance with the added benefit of a slimmer, flatter, more attractive lens profile made possible by a gradual lens curve.



## Lens Enhancements

### Anti-Reflective Coating

AR Coating is a 7-10 layer semi-metallic coating applied to the lens to eliminate glare. Lens reflections can cause eye strain and impair vision in certain conditions, like driving at night and computer use.

### Scratch Resistant Coating

Lenses are given an extra hard coating to make them extremely durable. \* All of our lenses have this as a standard feature.

### Tints

**Indoors:** Provide comfort, especially for those working under fluorescent light.

**Outdoors:** Provide protection as well as comfort during the day. Improves visual performance in hunting, speed shooting, fishing, etc.

### Sun Activated Tints

Sun activated tints refer to lenses that get darker when exposed to sunlight and return to a clear appearance indoors.

Lenses with sun activated tints are available in several materials including glass, plastic, high index plastic, and polycarbonate. Tint colors are gray, brown, green, or amber.

### Ultra-Violet Protection

UV rays from the sun can be harmful to the eyes and appear to contribute to the development of some eye conditions. It is wise to choose a lens that provides UV protection.

### Polarized

Polarized lenses eliminate direct glare and glare reflected from shiny surfaces.

Polarizing produces better contrast and great depth perception while dramatically reducing eye strain and tired eyes.

FIG 21(a)



# LIFESTYLE PACKAGES



At Rivertown, we take pride in our ability to customize your lenses and frames to enhance your occupation, hobbies, sports, or recreational activities. Some of the hottest trends for eyeglasses today are:

## Occupations

- ☐ Accountant
- ☐ Administrator/Assistant
- ☐ Artist/Graphic Arts
- ☐ Assembly/Manufacturing
- ☐ Banking
- ☐ Bookkeeper
- ☐ Building Inspector
- ☐ Car Sales
- ☐ Carpenter
- ☐ Cashier
- ☐ Cashier/Deale
- ☐ Chef
- ☐ Chiropractor
- ☐ Computer
- ☐ Construction
- ☐ Consultant
- ☐ Customer
- ☐ Dentist
- ☐ Dental Hygienist
- ☐ Desk Job/Office Worker
- ☐ Doctor
- ☐ Driver
- ☐ Electrician
- ☐ EMT/Paramedic
- ☐ Engineer
- ☐ Farming
- ☐ Florist
- ☐ Food Service
- ☐ Hair Stylist
- ☐ Homeowner
- ☐ House
- ☐ Instructor
- ☐ Interior/Exterior Design
- ☐ Janitor
- ☐ Landscaping
- ☐ Lawyer
- ☐ Legal Aid
- ☐ Librarian
- ☐ Mailman
- ☐ Marketing/Advertising
- ☐ Massage/Massage
- ☐ Motel/Cafe
- ☐ Musician
- ☐ Mechanic
- ☐ Medical Assistant
- ☐ Merchant/Shopkeeper
- ☐ Military
- ☐ Musician
- ☐ Nurse
- ☐ Optician
- ☐ Painting
- ☐ Performance Artist
- ☐ Pilot
- ☐ Plumber
- ☐ Police Officer
- ☐ Postal Worker
- ☐ Real Estate
- ☐ Receptionist
- ☐ Recliner
- ☐ Sales
- ☐ Student
- ☐ Teacher
- ☐ Technician
- ☐ Truck Driver
- ☐ Waiter/Waitress/Barista
- ☐ Welding/Metal Working
- ☐ Other

## Sports/Recreation

- ☐ Archery
- ☐ Artistic Gymnastics
- ☐ Baseball
- ☐ Basketball
- ☐ Biking
- ☐ Boating
- ☐ Bowling
- ☐ Canoeing
- ☐ Canyoneering
- ☐ Computer Work
- ☐ Cooking
- ☐ Driving
- ☐ Exercise/Yoga
- ☐ Fishing
- ☐ Flying
- ☐ Football
- ☐ Gardening
- ☐ Golf
- ☐ Grandparenting
- ☐ Gymnastics
- ☐ Hiking/Walking
- ☐ Hockey
- ☐ Horseback Riding
- ☐ Hunting
- ☐ Jogging/Running
- ☐ Lacrosse
- ☐ Mountain Biking
- ☐ Music
- ☐ Needlework
- ☐ Photography
- ☐ Recreational
- ☐ Reading
- ☐ Rollerblading
- ☐ Rugs
- ☐ Soccer
- ☐ Shooting
- ☐ Skiing
- ☐ Sliding
- ☐ Snowboarding
- ☐ Snowmobiling
- ☐ Snowshoeing
- ☐ Softball
- ☐ Television Viewing
- ☐ Tennis
- ☐ Theater/Musicals
- ☐ Travel
- ☐ Volleyball
- ☐ Water Sports
- ☐ Wrestling
- ☐ Wood Working
- ☐ Yard Work
- ☐ Other

These are just a few examples of lenses we have specialized for our patients. We welcome the challenge of customizing lenses for your unique lifestyle.

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**FIG. 22**